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Seven SeasŽ Free Viva Italian Fat-Free Dressing Seven Seas dressings were first introduced by Anderson Clayton Foods back in 1964, when the trend toward fat-free foods was in its infancy. Kraft Foods later picked up the brand, and Seven Seas today ranks number four in sales of salad dressings in the United States. Here’s our special technique to creating a delicious clone of Seven Seas spice-filled fat-free Italian dressing straight out of the latest TSR low-fat cookbook, using a secret combination of water, cornstarch and gelatin where the fat used to be.

1 1/3 cups water

1 1/2 tablespoons granulated sugar 2
teaspoons cornstarch

1 teaspoon salt

1/2 teaspoon dried minced onion

1/2 teaspoon dried minced garlic

1/2 teaspoon finely minced red bell pepper 1/2 teaspoon Italian seasoning

1/4 teaspoon gelatin

1/2 cup white vinegar

1 teaspoon dry nonfat buttermilk

1. Combine water, sugar, cornstarch, salt, onion, garlic, bell pepper, Italian seasoning, and gelatin in a small saucepan. Whisk to dissolve cornstarch, then set pan over medium/low heat.
2. Heat mixture until boiling, stirring often. When mixture begins to boil, cook for 1 additional minute, stirring constantly, then remove from heat.
3. Add vinegar and dry buttermilk to saucepan and stir.

Transfer dressing to a covered container and refrigerate—

preferably overnight—before serving.

Makes 1 1/2 cups.

Nutrition Facts

Serving size 2 tablespoons

Total servings 12

Fat (per serving) 0g

Calories (per serving) 10